

DO YOU HAVE **concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Pointing You in the Right Direction!



Beach Community Center
3351 NE 33 Ave
Fort Lauderdale, FL 33308

THURSDAYS

SESSION 1: January 10 – February 28
SESSION 2: March 7 – April 25

TIME: 9:30 – 11:30 A.M.

Classes are held once a week for 8 weeks, 2 hours each

NO CHARGE
SNACKS WILL BE SERVED

For more information please call
(954) 828-4610

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A Matter of Balance: Managing Concerns About Falls This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

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If you would like this publication in an alternative format or if you need reasonable accommodation to participate in this program, please contact (954) 828-4610 or sriestra@fortlauderdale.gov at least seven business days prior to this program.